

"OH, MY TIRED BACK!"

You Can Strengthen It by Simple Home Exercises.

A System Which is Far More Effective Than the Swallowing of Medicines—Every Woman and Girl Should Practice It.

The back has twenty-six separate bones, so strung together that they have very little individual movement, but what little they have ought to be carefully preserved, if we would be capable, graceful and easy.

Children have nine more separate bones; these become joined into two, to form the solid back wall of the pelvis—that bony basin which holds our delicate abdominal organs.

There would be no muscular back-aches if we had kept childhood's movement of the back.

There are no superfluous muscles in the human body, and sooner or later those which have been decreed to degeneracy will be called into action. Then, naturally, they will either fail utterly to respond to the call, or they will act beyond their strength and suffer for it.

Thereupon somebody who has more uneducated sympathy than knowledge, says: "Rest your back if it makes it ache to use it." Somebody else says: "Support it with corsets or braces."



But you listen to hear a still smaller voice saying: "Thou fool! This day shall thy back be required of thee!"

To completely ruin the muscles of the back prop them up, making your form as unnatural as possible.

Hard labor of one kind or another is inevitable to most of us. But our nerves and muscles ought to be, and can be, kept in order and repair by gymnastics. Men, women and children should exercise every day as vigorously as the animals in the forest.

Suppose you are a sewing woman, and sit from early morning until late at night, moving your feet, and in a bent position.

You should not wonder that your back aches! You show this in your round shoulders, flat chest and hollow complexion. "Medicine" will not help you. You must either stop sewing or form a gymnastic class, or practice certain exercises for yourself. And it is not always possible for a sewing woman to stop sewing.

Give you here simple exercises which require no apparatus:

1. (1) Stand perfectly balanced, heels together, shoulders back—not high—head up, chin as double as possible.

(2) Hands on hips, fingers forward. Take a long breath as slowly as possible and as slowly exhale with mouth shut. Repeat ten times.

2. (1) Same position. Heels together, toes turned out, hips firm.

(2) Bend head and back slowly backward, keeping eyes on the ceiling, and arching back well and taking deep inspiration.

(3) Bend forward, still looking at ceiling, shoulders well back. Repeat ten times.

3. Rotate the head slowly. Bend the head to right and left. Do it all very slowly and forcibly.

4. Arm upward—stretch; keeping them close to the ears. Forward, downward bend, until your finger tips touch the floor; upward, backward bend, always keeping your head between your arms. Repeat five times.

5. Position, fingers touching shoulders of the same side—shoulders well back. Now forcibly extend your arms upward three times, outward three times, forward three times, out and downward. This is like one of the old dumb-bell exercises, but you do not need dumb bells if you will do the movements with life.

6. Lie flat on your back on the floor and take long, deep inspirations, first making sure that the windows are open and that you are breathing pure air. And, of course, you are not exercising in your corsets. Now, with feet well extended and hips well firm, try to get up without using your arms.

7. Lie face down on the floor with your hips firm and see how far you can raise your head and trunk.

8. March up and down the room, extending your arms upward at every fourth step, keeping regular martial time.

9. After a week or two you will be ready for violent exercises. Lie down, face down, hands on the floor just under your shoulders. Raise your body on your toes and arms, keeping your knees and back perfectly straight.

Lower your back to the floor very slowly. Repeat three times.—Housewife.

Save the Cucumber Peel. In the cucumber season, instead of throwing away the peel and pulp, put them in a jug of water on your toilet table and wash with this infusion. You may also use slices of pulp instead of soap. Cucumber has wonderfully cooling as well as softening properties. Orange and lemon peel used in the same way will keep the water soft and scent it deliciously.

Nerves in the Human Body. It is estimated that the nerves, with their branches and minute ramifications connecting with the brain, exceed 10,000,000.

A Rose in a Desert.

A quiet woman, dressed unassumingly in brown, was eating her dinner in a popular restaurant. She was a regular patron and was waited upon generally by the same girl. Today I noticed that she called the pretty little Swedish waitress to her and asked her if she intended taking a vacation. The girl said she did—next week. "Here is something to help pay your car fare," said the quiet woman in brown and slipped a bill into the hand of the waitress. I wish you could have seen the joy unutterable that flooded that girl's face when she found she held a \$5 bill. She could not believe her senses. Her eyes filled with tears, and her hand shook. "Why, I never had so much money given me before! Do you suppose she meant it?" And when somebody assured her that it was no mistake the child disappeared, fairly dancing with glee. Now, that is the sort of thing I would enjoy if I were a rich woman, wouldn't you? Doing unexpected mercies and showing benefits in surprises that should take away one's breath. There are plenty of secondhand clothes and soup ticket charities. Now let us have the truer charity that comes as the lightning does out of the cloud when no man listeth.—Chicago Post.

"Lady Drummers."

A neat little woman went tripping up to the register at the Louisville hotel the other night, inscribed "P. M. Bruner, Dayton," in a clear, bold hand and left orders to be aroused in time for the early morning train for Frankfort. Miss Bruner is one of the few real female drummers on the road. Her work is not of the female book agent kind, but she is regularly employed like any drummer and draws a salary that is much handsomer than many of her male competitors can boast of. There are of course many female agents flying about the country, but the genuine female drummer is a rarity, at least in these parts, so the hotel men say. There are only two who stop at the hotel. One of these made \$5,000 last year from salary and commission on all goods sold over a certain amount. Miss Bruner supports a mother in Ohio and is well able to do it, for she is said to be a hustler of no mean ability.—Louisville Courier-Journal.

Suffrage and the Home.

The San Antonio (Tex.) Daily Express of recent date contained a letter from Elizabeth A. Edwards, an Oklahoma lady, remonstrating against the views expressed by Bishop Johnson of Texas in an address before the graduating class of St. Mary's Hall, San Antonio. Mrs. Edwards shows that the bishop fails to realize the position occupied by women today and the trend of thought in favor of the equality of the sexes. She also makes an excellent plea for woman suffrage in behalf of the home, in which she says:

Men do not vote for measures that meet the approval of wife or mother. They vote to suit themselves, and they themselves are the product, not of the home, but of all the environments that lie outside the home. Shall woman not desire the ballot then, that the influence of her pure, moral nature may make itself felt in shaping the conditions that control the destinies of her children?

In Place of White Shirts.

Every woman enjoys the sense of daintiness which a spotless clean white petticoat gives. But not every woman can afford this luxury. The laundry bill which surely stares her in the face is appalling. Less expensive and almost as dainty are the new undergarments of linen dimity. They are ecru in color and made with a deep ruffle tastefully embroidered in dark shades of silk.

Skirts of black mohair or morean wear much better than the petticoats of silk. They have much the same effect when made with silk ruffles. Don't make the ruffles of old silk which you may have in the house, left over from a gown which has seen better days. There is no economy in it. The ruffles will become worn before you have had the skirt a week. It pays to buy good silk for this purpose.

The Women of Great Britain.

The English woman suffrage statistics are in. The total number of signatures received to the women's suffrage appeal is 248,674. Of these, 50,913 are from Scotland, 6,830 from Ireland, 61,136 from London, the remainder being distributed throughout England and Wales. The signatures include the heads of nearly all the colleges for women, and a large proportion of the head mistresses of high and other public schools for girls, and women serving on the boards of guardians and school boards. The leading women in the medical profession have signed, and a number of the most eminent in literature and art, besides many of wide social influence and leading workers in the many movements for the general well being.—London Correspondent.

Fannie Edgar Thomas.

The Musical World of Paris has the following complimentary reference to Miss Fannie Edgar Thomas, who went abroad last October in the interests of music:

"We have several times quoted from the articles which Miss Fannie Edgar Thomas sends to The Musical Courier of New York, and this correspondence has assumed such importance that we feel obliged to reproduce it in each issue hereafter. Not only has Miss Thomas thoroughly explored the realm of musical genius in Paris, but this eminent correspondent has done it in a fashion so graceful and charming that she has become the intimate friend of our most celebrated artists and has been appointed a fixed position here as musical ambassador."

"It is quite a shock to people who do not know me, but who thought they did, to find me opposed to woman's suffrage," says Miss Jeannette Gilber, to which she adds, "In politics I do not think women have any place."



Latest advices from Paris indicate that this rich dress material will maintain its sway for some time to come, at least as far as stylish society gowns are concerned.

Taking a Momentous Step.

"What'll you charge me for a marriage license?" asked the loose jointed young man in brown jeans.

"Two dollars," replied the county clerk. "Is that the regular price?"

"It is."

"Can't get it no cheaper in any of the other offices?"

"No."

"Don't keep no secondhand licenses that was brought back 'cause the feller got slipped up on and hadn't no use fur 'em?"

"Of course not."

"Well," said the young man, pushing his hat back on his head, "you kin save one fur me. I'll be round agin next Saturday with the \$3. I'm goin back now to hunt up a gal."—Chicago Tribune.

An Ingenious Reply.



Young Salsdo—You are the only girl I ever loved.

Miss Herdso—Wait, now. Don't move till I get my bodak.

Young Salsdo—What on earth?

Miss Herdso—I'm getting up a souvenir collection of photographs of men who tell me that.—Truth.

Out For a Wreck.

"Do you know," he said as he approached a Michigan avenue grocer rubbing his hands and speaking confidentially, "do you know that there is a place up here where they wreck happy homes?"

"No, I hadn't heard of it," replied the grocer.

"Well, there is. They just wreck your home, drive your wife to suicide and scatter your children among strangers."

"How do they do it?"

"Right over the bar, sir. You put down your money, and you call for what you want."

"Oh, I see. Well, keep away from such places, and your home won't be wrecked."

"But, my dear man," continued the stranger, "you don't exactly catch on. I want my happy home to be wrecked. I want the foundation of my manhood to be sapped. I want to drive my poor patient wife into a pauper's grave."

"Oh, you do! Well, I can't help you."

"But I hope you will, sir. If I can get 10 cents, it will start the wrecking business. You surely can't refuse such a reasonable request from a fellow citizen?"

"But I can and do. You get out. You are an old fake."

"You won't help me to wreck?"

"No, sir!"

"Want me to sit up on a pedestal and be a great and good man, eh?"

"Yes, I think you'd better."

"Gimme a nickel!"

"Not a cent! If you don't go, I'll boot you."

"But, my dear man, don't you see how?"

The grocer seized him and kicked him and gave him a shove, and he went across the street and turned about to say:

"I'll remember you. When I wanted to wreck my happy home, and so forth, and came to you as a fellow man, you not only brutally refused to aid me, but violently assaulted my sacred person. I'll see you later. I'll see you after the wreck. I'll see you in Texas, and as we meet I'll give you the coldest kind of a cold cut. Bah!"—Detroit Free Press.

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The biennial encampment of the Supreme Lodge and grand encampment of the knights of Pythias of the world will be held at the National Capital August 27th to September 5th.

For this occasion the Baltimore & Ohio Railroad Co. will sell round trip tickets from all points on its lines, August 22nd to 26th inclusive, valid for return trip until September 5th; a further extension of time to September 15th can be secured, provided the ticket is deposited with the joint agent at Washington, D. C., on or before September 6th.

The round trip rate from Chicago will be \$17.50, and correspondingly low rates from other points. Tickets will also be sold at all principal points throughout the west and north-west. No matter where you start from, ask for tickets via B. & O.

For information in detail, address L. S. Allen, Asst. Gen'l Pass. Agent, B. & O. R. R., Grand Central Passenger Depot, Chicago, Ills.

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Rudy's Pile Suppository is guaranteed to cure Piles and Constipation, or money refunded. 50 cents per box. Send stamp for circular and free sample to Martin Rudy, Lancaster, Pa. For sale by all first-class druggists, and in Topeka by W. K. Kennedy, corner Fourth and Kansas avenues.

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